



Ortho Balita

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WELCOME DELEGATES to the ASEAN OA 25th Anniversary Celebration combined with the POA 56th Annual Convention The ASEAN Orthopaedic Association

by Dr. Jose M. Pujalte

If there is one regional surgical organization worthy of notice and emulation, look no farther. In our own geographic area, the South East Asian region, we have the ASEAN Orthopaedic Association composed of orthopedic surgeons from our own country and our immediate neighbors: Indonesia, Malaysia, Singapore and Thailand.

Nothing so spectacular about this, of course, except for the fact that this distinct aggrupation of bone specialists, despite its diversity in religion, culture, and government, is strongly united in intent and purpose. And this is, to spread the gospel of the science and art of

orthopedic surgery among its members, and render quality humanitarian service to the skeletally ill and impaired in



The Insignia used for the POA-AOA combined meeting. This symbol is used throughout the preparations and printed matters of the POA-AOA combined meeting this November 14-20, 2005. The symbol contains all the logos of the five ASEAN countries (Philippines, Singapore, Indonesia, Malaysia and Thailand) with a piece of their respective flags as background. The outer layer which contain the logos and flags are joined closely together by a chain signifying oneness of the countries towards common goals. In the middle is the ASEAN Orthopaedic Association logo. This was conceptualized by POA President Dr. Miles T. Dela Rosa and designed by Mike Villanueva of the POA Secretariat.

The ASEAN Orthopaedic Association

the entire ASEAN region.

In reference to this ASEAN unity in spite of its diversity, I would like to mention recently accepted laws on human ecology. Some laws state that there is no such thing as an independent individual, just as there is no such thing as an independent nation or country. Furthermore, there is no such invention that is considered a product of an isolated technology or one single human resource. The answers, solutions, and opportunities of one's generation, one's community, or one's culture, become other people's problem and concerns. These laws, therefore, simply validate the principle of co-existence and co-operation among our ASEAN countries. Interdependence is the enchanting word!

Founded in Manila in 1981, the ASEAN Orthopedic Association is celebrating its silver anniversary this year. The original founding fathers are the following orthopedic luminaries, who are as follows:

From Indonesia: Professor Soelarto Reksoprodjo, and Professor Chehab Hilmy.

From Malaysia: Tan Sri Dato (Dr. Adbul Majid Ismail) and Professor P. Balasubramaniam.

From the Philippines: Dr. Jose M. Pujalte (the Founding President), Dr. Jose V. Silao, Jr., Dr. Ellewellyn Pasion, Dr. Vicente Pido, Dr. Antonio Montalban, and Dr. Rimando C. Saguin.

From Singapore: Dr. Ong Leong Boon and Professor Robert W.H. Pho.

From Thailand: Dr. Thamrongrat Keokarn, and Professor Natee Rukspolmuang.

In the span of 25 years, the Philippine Orthopedic Association was privileged to be represented later by three (3) other outstanding members as presidents of the ASEAN Orthopedic Association.

They are as follows, namely: Dr. Ellewellyn Pasion, Dr. Antonio Rivera, and Dr. Andres Borromeo, and who all served with utmost dedication and distinction, further adding luster to the ASEAN Orthopedic Association.

Objectives Of The ASEAN Orthopedic Association

Among the more important objectives are the following:

- 1) To establish and maintain an association of orthopedic surgeons based on scientific, ethical, competent, and humanitarian reasons;
- 2) Through each national association, to advance research in bone and joint diseases, and disseminate useful outputs for the benefit of the people in the ASEAN region in particular, and the entire world in general;
- 3) To contribute to the peace, stability, and economic progress of the ASEAN;
- 4) Association, to maintain and enhance friendship and camaraderie, and serve as a model of regional cooperation, harmony and solidarity.

Hosting Of the Silver Anniversary

The welcome and sincere gesture of hospitality has now fallen on the laps of the Philippine Orthopedic Association membership because historically, the ASEAN Orthopedic Association was founded in the Philippines 25 years ago. The Board of Directors of the Philippine Orthopedic Association is leaving no stone unturned to make this timely event a complete and wonderful success. Led by a young and dynamic human machine in the person of Dr. Miles T. De La Rosa, nothing would go amiss. Because he is made of the same capable and eloquent mold of his illustrious and inimitable uncle, Dr. Benjamin V. Tamesis, past director of the old National Orthopedic Hospital, who

was also my own great orthopedic mentor — an orthopedic giant in his time.

Achievements Galore and the ASEAN Orthopedic Association Orthopedic Nuggets

The ASEAN Orthopedic Association, during its magical 25 years of colorful existence, can be reasonably proud of its accomplishments. I want to call them the ASEAN Orthopedic Association Orthopedic Nuggets, simply because these are precious helping its members, young and old. These are the following: (1) The Junior Traveling Fellowship, (2) The Senior Traveling Fellowship, (3) The American Orthopedic Association Invitations for ASEAN Orthopedic Association fellows to attend Conventions in the U.S., (4) The Membership with the Asia-Pacific Orthopedic Association, composed mostly of orthopedic surgeons located in countries along the Asia Pacific Rim.

For the other member-countries in the ASEAN region, the future looms bright. The present ASEAN Orthopedic Association leadership is fervently waiting for our other neighboring countries, namely: Brunei, Cambodia, Laos, Myanmar, and Vietnam, to resolve their own national problems and difficulties, so that, once overcome, they can take their rightful places in our own regional community of bone surgeons. And receive them — with open arms!

Certainly, I consider the future of the ASEAN Orthopedic Association promising, and it will be a shining and glorious one. No doubt about it! Quoting Lincoln Steffens in his book *Autobiography*, "I have been over into the future, and it works. Aim is to Heal.

BONE HEAD

BENIGNO A. AGBAYANI, JR., MD, FPOA



Orthopaedics going down to business

Business is a dirty or an ordinary word depending on who you talk to. Profit margins, right to practice, annual dues, value added tax, overhead expenses, clinic rental, hospital shares and marketing are things we sometimes wish were never part of the deal. Practicing orthopedics so we thought was only about treating patients, period.

Like the devil himself we all have to face it. Many of our colleagues and particularly those that have made it "big" have befriended it. Being a physician now requires business acumen and one only has to look at the billboards to see how Bello, Calayan and Mendez have "made it". Even a few of our colleagues have found the sound business sense of shifting to nursing.

Two M's come to mind when we embrace the business side of our practice. MONEY and MARKETING (or Advertising). It goes against two E's, EQUALITY (or Fairness), and ETHICS. Money for those who do not have it, have no chance of buying

shares or clinics at the most modern and truly the most accessible hospitals in the Philippines. Very soon the big private hospitals will become the home of the definitely rich and famous but sometimes best Orthopod. Marketing for those who have thrived in it have often crossed the boundaries of Medical ethics as dictated by the Specialty societies on its members. It has apparently become obvious at least in some Medical fields that being a member of a medical society can become a handicap. It is capitalism over merit and image versus pure heart.

The Philippine Orthopedic Association should have a role in promoting ethics and fair merit based opportunity. Ethics after all is what reminds us to put the welfare our patients above all things. As an association in a field of Medicine it should aspire for the highest standards of patient care through the attainment of knowledge and genuine compassion. It should not allow therefore the promotion of those who have more to spend over those who

have only their diplomas in the practice of Orthopedics.

There may be truth to the rumor for a move to give more teeth against unethical advertising or practice. The Philippine Medical Association may be empowering the specialty associations to have a say not only membership status to societies but against medical practitioners practicing the field outside the societies. Societies can now recommend removing the license to practice of a practitioner for lack of ethics. I only heard this from the grapevine and have not pursued it since the following information is just as disturbing. Apparently one of the billboard doctors has hired the legal services of the PMA head doctor-lawyer. Of course all these things may not be true but it is hardly surprising considering what we have seen in Philippine politics.

Who is there to stop any person from declaring himself to be a Chiropractor without a professional license and opening his own center for spine care? Who can stop an eye scanning company from making random diagnosis based on eye findings and offer treatment without a license to practice medicine? What can stop private hospital from imposing donations in the form of right to practice on fully accredited, competent, licensed and active Fellows of the Philippine Orthopedic Association as if it were not enough? The Philippine Orthopedic Association must play a more active and sophisticated role in the increasingly dog eat dog everyday practice of our Fellows or else Orthopedics will really go down to Business.

Little orthopaedics knowledge overlooked (LOKO but fact)

Do you know why we make a cracking sound when we pull on our fingers? It's a little known process called cavitation. It's the same mechanism that destroys propellers on steamships. Air bubbles form from the negative pressure created by traction on a finger joint thus releasing energy in the form of heat and sound. (Source: Unsworth, A., Dowson, D., Wright V., "Crackling Joints" A Bioengineering study of Cavitation in the

metacarpophalangeal joint. Ann Rheum Dis. 30:348 1971)

Did you know that Hyaluronic acid in synovial fluid probably has no lubricating properties? Isolation of the various macromolecules of the synovial fluid have verified that it is a substance named "lubricin" a glycoprotein with a molecular weight of 225,000 d that provides the unbelievably low coefficient of friction

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The CPG Working Group

CPG Updates

The Research Committee of the Philippine Orthopedic Association successfully conducted a workshop on Clinical Practice Guidelines (CPG) development last May 14 and 21, 2005. We fully acknowledge the participation and inputs of the eighteen fellows who attended the seminar/workshop. As an output of this undertaking, the committee has come up with a project timeline for the guidelines development process covering three orthopedic conditions. The CPG working group is divided into three teams, task to work on Hip Fractures in the Elderly, Open Tibial Fractures in Adults and Distal Radial Fractures in Adults.

The CPG working group will provide the initiative for the association and assist our colleagues in the clinical-decision making process and hence, improve the quality of care. The extensive volume and complexity of orthopedic literature makes it difficult for all of us to incorporate research data into our daily practice.

The Committee has been continuously receiving comments on

the constraints of CPG development and uncertainties of its implementation. Some of these even relate on the various aspects of the guideline process and provision of resource requirements. Alongside this concern, the present POA leadership has given us its full commitment and is coming up with a resolution that will guarantee the completion of this project. Furthermore, the President of the association has recently announced that the budget request was approved in principle. With this development, the committee is hopeful that the entire process will be accelerated.

To reaffirm, the primary goal of CPG is to improve the quality of care. Henceforth, the following are restated.

1. They are intended as principles upon which to base the formulation of individual clinical practice guidelines.
2. They are not intended to direct or dictate any specific or exclusive course of action or to take the place of existing recognized standards.

3. They reflect the consensus of the health organizations that endorsed them.
4. When there is relative paucity of scientific evidence, the guidelines are based on expert opinion and are subject to change with emerging knowledge and experience.

Abstract for ISPOR Meeting, Shanghai, China

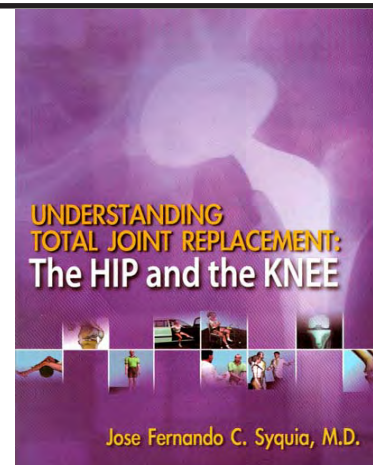
The POA Research Group has submitted an abstract to the International Society for Pharmacotherapy and Outcome Research (ISPOR). The title of the paper is "Prevalence-based Costs Evaluation of Fragility Fractures in the Philippines". The Research Committee is closely monitoring and ensuring the completion of this research project to be presented on the ISPOR Meeting on March, 2006.



Research Committee
Chairman Dr. Lauro R.
Bonifacio



The CPG
Group during the CPG
workshop at the Kim-
berly Hotel, Ma-
lalte, Ma-
nila



Front cover of Dr. Syquia's book

AIM TO HEAL

JOSE M. PUJALTE, MD, FPOA, FPOA



On Being a Surgeon

On the wall facing my table in our clinic at Our Lady of Lourdes Hospital is a carved wooden frame with a crucifix and an image of Our Lady of Lourdes. It seems an ordinary thing placed there to add to the other fixtures for some decorative purpose. But what makes it strangely eye-catching, interesting and mystic is the inscription below the crucifix: *The Knife Is Not Enough*. Perhaps this is directed to us, three surgeons, who hold clinic in the same room, who, by some blind chance, may perhaps perceive that surgery is not all about using the knife,

cutting in to human flesh and drawing blood.

In surgery, as in any other specialty, good, ample training is extremely important, and surgical mentors should strive to imbue and teach their residents the ability to operate on their patients with sufficient skill and precision. This training should also include total patient care. This is a preparation for a hard-line but engaging life's work.

As the surgeon grows up in his practice, he would soon realize that the thrill of surgery is committing himself to the quest for excellence

and intensity, because his specialty offers little room for mistakes or failures. The surgical kinship is so unique, that since we, as surgeons, have trained well and have chosen a career in which failure is not an option, we should be prepared to meet the ultimate challenge – continuous studying, learning, and conferring.

What is the biggest reward in surgery? It is helping patients and doing some good for the people, especially the poor and the deprived.

Syquia – New Book Out

The UST Publishing House has just released Dr. Jose Fernando C. Syquia's "Understanding Total Joint Replacement: the Hip and the Knee." It's an excellent book to discover a proven solution to severe arthritis. Jofe was inspired to write this exposition on total joint replacement by his arthroplasty mentors in

Stanford, Dr. Christopher Mow and Prof. Stuart Goodman. A cursory read shows that all pictures are computer generated – no raw tissue, bone and blood to scare away lay readers. All explanations are simple and even hip and knee implant parts are identified. A prospective patient is walked through the procedures, chapter by chapter until discharge and rehabilitation.

Bundoc - Metrobank Outstanding Teacher 2005

Dr.. Rafael C. Bundoc nailed another top prize this year by being chosen as one of ten outstanding teachers of the country by the Metrobank Foundation. Pipo received a gold medallion, trophy, and cash prize of P200,000. He teaches both in the Department of Anatomy, UP College of Medicine and the Department of Orthopedics, UP-PGH. Quoted in a Manila Bulletin interview, he said: "Students need inspiration. If our students are not inspired properly, they will be misled. Some of these

guys think early on that medicine is a way of getting rich. The first thing you do is make them realize that medicine is not a means of getting rich but a calling to be healers of your countrymen. If you want to be rich, set up a business. Renumeration will just happen but it is not the goal of medicine." *Dr. Rafael C. Bundoc*



Little orthopaedics...

(Continued from page 3)

between cartilage surfaces. No man made surface to surface joint can match this low coefficient of friction. (Source: Swann, D.A., Macromolecules of Synovial fluid. The Joints and Synovial Fluid, pp. 407-435, 1978.)

Human cartilage does not regenerate. It has surface substances that provide maintenance but not regeneration. It has also been shown that in cartilage surfaces where there is fibrillation or degeneration the glycosaminoglycan component becomes grossly depleted. May I now as ask our fellows, can the ingestion of Glucoseamine, a popular vitamin supplement, prevent fibrillation? Can it prevent degeneration? Can it promote regeneration or cartilage maintenance? The answer on our next issue and all fellows are invited to send their answers to me at iggyagbayani@yahoo.com. Other LOKO also welcome. (Please site your references, thanks)

PROGRAM DETAILS

Day 0/ November 14 (Monday), 2005

Sports (Golf Tournament)

Day 1/ November 15 (Tuesday), 2005

Sports (various venues)
President's Dinner
Bone & Joint Decade Program

Day 2/ November 16 (Wednesday), 2005

8:00 – 12:00 Registration
Mass
Orientation of new POA fellows
POA and PBO Board Elections

9:00 – 9:20 Special Orthopaedic Education Lecture:
The Making of An Orthopedic Surgeon
(Lee Eng Hin, MD)

9:20 – 12:00 Residents' Research Forum

12:00 – 3:00 POA Luncheon Business Meeting

4:00 OPENING CEREMONIES
POA and ASEAN OA Presidential and
Welcome Address
Induction of new POA Fellows and PBO
Keynote Address (Jose M. Pujalte MD)
Opening of Trade and Scientific Exhibits
FELLOWSHIP and CULTURAL NIGHT

Day 3/November 17, 2005 (Thursday)

8:00 – 8:20AM Plenary Lecture – The Role of the AOA
in the Delivery of Orthopaedic Health
Services in the ASEAN Region
(Tan Ser Kiat MD)

SESSION I: Orthopedic Oncology (Philippine Musculoskeletal Tumor Society)

*Session Chairmen – Drs. Cesar D. Dimayuga and Thipachart
Punyaratabandhu*

8:20 – 8:30AM The Incidence of Malignant Infiltration in
Human Osteosarcoma Biopsy Tract: An
Evaluation of 26 Cases (Zulmi Wan, MD)

8:30 – 8:40 HER2-neu Overexpression in Filipino
Osteosarcoma Patients
(Rafael C. Claudio, MD)

8:40 – 8:50 Current Management in Osteosarcoma
(Robert Pho MD)

8:50 – 9:00 Open Forum

9:00 – 9:10 Overview of Bone Tumors in Cipto
Mangunkusumo Hospital, Jakarta,
Management and Problems
(Errol Untung Hutagalung, MD)

9:10 – 9:20 Surgical & Functional Outcome of
Treatment for GCT of the Bone (Saw Aik MD)

9:20 – 9:30 Pelvic Tumor Surgery
(Sahachart Pipithkul, MD)

9:30 – 9:40 Survival Analysis and Prognostic Factors
for Soft Tissue Sarcoma in Adult Filipinos
(Edward HM Wang, MD)

9:40 – 10:00 Open Forum

10:00 – 10:10 Coffee Break

SESSION II: Hand and Microvascular Surgery (Philippine Society for the Surgery of the Hand)

Session Chairman – Dr. Tammy L. Dela Rosa

10:10 – 10:30 Aesthetic Prostheses in Traumatized Hands
(Robert Pho MD)

10:30 – 10:50 Approach to Fingertip Reconstruction :
Aesthetic & Functional Considerations
(Teoh Lam Chuan MD)

10:50 – 11:00 Open Forum

11:00 – 11:20 Dermatological Conditions of the Hand
(Vermen M. Verallo –Rowel MDI)

11:20 – 11:50 Free Paper Presentations

11:50 – 12:00 Open Forum

12:00 – 1:30 Lunch Symposium

SESSION III: Trauma (Phipippine Orthopaedic Trauma Society)

*Session Chairmen – Drs. Lauro M. Abrahan, Jr. &
Suthorn Bavonratanavech*

Current Concepts in Internal Fixation

Moderators : Drs. Lauro M. Abrahan, Jr.,

Suthorn Bavonratanavech

1:30 – 1:50 Solutions to Failed Fixations
(Prof. Thomas Ruedi)

1:50 – 2:10 MIS Technique for DHS Fixation of
Trochanteric Fractures
(Prof. Banchong Mahaisavariya)

2:10 – 2:30 Anterior Approach Solely for Difficult
Acetabular fractures (Khong Kuk Sun MD)

2:30 – 2:50 The S.I.G.N. Nail, the Philippine
Experience: A Preliminary Report
(Hilario M. Diaz, MD)

2:50 – 3:00 Open Forum

Changing Concepts in Orthopaedic Trauma

Moderators : Drs. G. Tong On & Ellewelyn G. Pasion

3:00 – 3:30 Evolution of the AO Principles from
1959-2005 (Prof. Thomas Ruedi)

3:30 – 3:50 Development of Minimally Invasive
Osteosynthesis
(Suthorn Bavonratanavech MD)

3:50 – 4:10 Mechanobiology of Fracture Surgery-A
New Science? (Kok - Sun Khong MD)

4:10 – 4:30 Simplified Technique for Closed Humeral
Nailing (Prof. Banchong Mahaisavariya)

4:30 – 4:50 The Internal Fixator – A New AO
Principle (Prof. Thomas Ruedi)

5:00 – 5:10 Open Forum

6:00 pm CONGRESS BANQUET

Day 4/November 18, 2005 (Friday)

8:00 – 10:00 Simultaneous Free Paper Presentations

10:00 – 10:15 Coffee Break

SESSION IV: Sports Medicine (Philippine Orthopaedic Society for Sports Medicine)

Session Chairman - Dr. Venancio P. Garduce, Jr.

Moderator: Drs. Jaime L. Tamayo; Venancio P. Garduce, Jr.

PROGRAM DETAILS

10:15 – 10:20	Introduction of the Session and Speakers (Session Moderators)	4:10 – 4:20	Does MIS in TKR make a difference? (Kuang Ying Yang MD)
10:20 – 10:30	The Medical Benefits of Tai Chi (Albert U. Dy, Jr., MD)	4:20 – 4:35	Open Forum
10:30 – 10:40	Epidemiology of Badminton Injuries (Noel B. Carilo, MD)	4:35 – 4:45	CAS in TKR - Singapore Experience (Yeo Seng Jin MD)
10:40 – 10:50	Double Bundle PCL Reconstruction: How We Do It (Somsak Kuptniratsaikul, MD)	4:45 – 4:55	Is CAS in TKR more accurate than the standard instrumentation? (Tay Boon Keng MD)
10:50 – 11:00	Preventive Exercises for ACL Injury (George Canlas, MD)	4:55 – 5:05	Result of Revision TKR - Philippine Experience (Ramon B. Gustilo MD)
11:00 – 11:10	Extended Indications for Meniscus Repair (K. Raveendran, MD)	5:05 – 5:15	Simultaneous vs. Bilateral TKR (Liberato Antonio A. Leagogo MD)
11:10 – 11:20	Current Trends in Management of Rupture with the Tendoachilles (K. Raveendran, MD)	5:15 – 5:25	Management of Infected TKR (Antonio N. Tanchuling, Jr MD)
11:20 – 11:30	Early Experiences with Tripple Bundle Suturing Technique and Early Rehabilitation for Chronic Achilles Tendon Rupture (Arturo C. Cañete, MD)	5:25 – 5:40	Open Forum
11:30 – 12:00	Open Forum	7:00 pm	Local Alumni/Chapter Night/Free Night for International Delegates
12:00 – 1:30	Lunch Symposium		

SESSION V: Hip & Knee

(Philippine Hip & Knee Society)

Session Chairman – Antonio N. Tanchuling, Jr., MD

Hip Session

Moderators : Dr. Liberato Antonio A. Leagogo & Albert U. Dy, Jr.

1:30 – 1:40	Current Approaches to MIS - THA (Lo Ngai Nung MD)
1:40 – 1:50	Morphometry of the Malaysian Hip (David Choon MD)
1:50 – 2:00	Indications of THA in the Philippines (Peter B. Bernardo MD)
2:00 – 2:10	Revision THA in the Philippines (Gregorio MS Azores MD)
2:10 – 2:25	Open Forum
2:25 – 2:35	Periprosthetic Fractures in THA (Keerati Chareancholnavich MD)
2:35 – 2:45	Decision Making in Revision THA (Edward VA Lim MD)
2:45 – 2:55	Management of Osteoporotic Hip Fractures (David Choon MD)
3:05 – 3:15	Partial vs. Total Hip Replacement in Elderly (Paul Cesar N. San Pedro MD)
3:15 – 3:30	Open Forum/Coffe Break

Knee Session

Moderators :Dr. Ilustre I. Guloy, Jr & Jose Antonio G. San Juan

3:30 – 3:40	Unicompartmental Knee Arthroplasty (Yeo Seng Jin MD)
3:40 – 3:50	Result of High Flexion Knee - PFC RP Flex (Sarbjit Singh MD)
3:50 – 4:00	High Flexion Knee - Thailand Report (Keerati Chareancholnavich MD)
4:00 – 4:10	Resurfaced vs Non - resurfaced Patela in TKR: A Prospective Study (Tay Boon Keng MD)

Day 5/November 19, 2005 (Saturday)

SESSION VI: Shoulder and Elbow (Philippine Shoulder Society)

Session Chairman – Dr. Alex R. Supapo

Moderator: Dr. Benigno A. Agbayani, Jr.

8:00 – 8:20	Imaging Diagnosis of the Shoulder (Toshinori Kondo MD)
8:20 – 8:40	Throwing Plane (The APIT Lesion) (Katsuya Nobuhara MD)
8:40 – 9:10	Arthroscopic Bankart Repair (Andrew Tan MD)
9:10 – 9:20	Open Forum
9:20 – 9:30	Treatment for Type III A-C Joint Injuries: Philippine Experience (Andres D. Borromeo, MD)
9:30 – 9:40	The Neglected Anterior Shoulder Dislocation: Open or Leave Well Enough Alone? (Jose S. Pujalte, Jr., MD)
9:40 – 9:55	Recent advancements in Sports Biomechanics (Katsuya Nobuhara MD)
9:55 – 10:00	Open Forum

SESSION VII: Pediatric Orthopedics (Pediatric Orthopedic Society of the Philippines)

Session Chairman – Dr. Teresita L. Altre MD

10:00 – 10:15	Changing Patterns in the Management of Congenital Clubfoot (Lee Eng Hin MD)
10:15 – 10:30	Acetabulumplasty on DDH (Ucok Siregar MD)
10:30 – 10:45	Management of Congenital Limb Deficiencies (Lee Eng Hin MD)
10:45 – 11:00	Open Forum/Break
11:00 – 11:15	Ulnar Nerve Instability at the Elbow in Children (Saw Aik MD)
11:15 – 11:30	Management of Monteggia Fractures/ Chronic Monteggia Lesion in Children (KS Lam MD)
11:30 – 11:45	Results of Orthopedic Selective Spasticity Control Surgery in Cerebral Palsy (Vicente R. Gomez, MD)

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LEGAL ORTHOPEDICS

Atty. Leo O. Olarte, MD, FPOA



Ortho surgeons turned nurses

In the crossroads of our orthopedic surgical practice, there comes a time when the difficult and bumpy uphill road that we have been traveling on, suddenly comes to a corner stop and then we pose to look and some how further, there comes to a clear view at a distance that sudden and unavoidable seemingly rose studded and well paved crossroad that compels us to reflect and weigh matters on whether or not to turn to the right or to the left crossroad or to continuously go forward on to that bumpy uphill road.

The seemingly well paved crossroads that we have just viewed, after the difficult and bumpy uphill road of orthopedic surgery practice, maybe the start of a new productive beginning from the crossroads or a quantum leap into a new professional career.

I refer to these crossroads, as a point of decision making, and a well reflected or weighed decision, of changing from an orthoped practice to that of a career in the nursing, nursing aide or health care giver profession. Exactly, this is what is really happening to many of us now in our professional lives as orthopedic surgeons and fellows of the Philippine Orthopedic Association. I have known of at least ten (10) orthopedists who have already donned the nursing cap of Florence Nightingale, or are health care givers and nursing aides in the USA, Canada, England, the Middle East, etc. Several hospitals however, where these Fellows have been working, lamented that these surgeon nurses have often forgotten their roles as nurses, when attending to the patients in the hospitals, by acting like surgeons, giving interpretations of laboratory results, suggestions and orders to the

patients instead of simply following the orders from their doctor superiors and fully acting like true nurses.

There may be even more than ten (10) fellows of our association in the nursing profession now. The truth however is that, surgeons turned nurses are increasing in number as the social, economic and political upheaval and instability in our country worsens. What with the oncoming onslaught of daily street demonstrations to bring down the Arroyo government to its knees.

It is only a matter of time when Community and District Hospitals and even medical centers, may close because of the lack of qualified surgeons and surgical residents on duty. The total indifference of the government to the plight of our government doctors who were forced to shift to the nursing career and go abroad because of low pay is lamentable. The employees in the Judiciary, Prosecutors office, the Police and the Military have already been receiving increases in their salaries and benefits, while the lowly and overworked government doctors and nurses have instead been the subject of medical malpractice lawsuits and other disconcerting acts.

Government doctors' salaries have ranged only from a mere fifteen (P15,000) thousand pesos to eighteen (P18,000) thousand pesos per month. Nurses receive only an average of nine (P9,000) thousand pesos per month in government hospitals and even lower in private hospitals. While in the USA, nurses get P216,000 pesos per month income and P119,000 pesos per month in the United Kingdom.

It is foreseeable that the health system of this country would surely collapse, resulting into a national security risk in the near future, if the government does not take positive action to stop the exodus of our doctors and nurses by increasing their take home pay and improving their working conditions.

Today, not only young doctors are taking up the nursing course to go to the USA, England and the Middle East, but we also see, the Chief of Hospitals, Medical Directors, the Specialists and Super specialists, already enrolled in the Nursing Schools with the intention of working abroad as nurses. The Philippines is now known to produce more nursing graduates and have more nursing schools than any other country in the world. From seventeen (17) nursing schools during the years 1907 to 1950, producing only 7,286 registered nurses, the Philippines in 1999 had already 186 nursing schools with a combined capacity to produce over 20,000 registered nurses a year, according to the UP Manila Journal of January to March 2000 issue. Today, there are now 370 nursing schools which signify an 84% increase in Metro Manila and 47% increase nation wide since June 2003. From year 2001 to 2003, about 3,000 doctor nurses went abroad, and presently about 3,000 doctors are enrolled in nursing schools with the intention to go to the United States, Canada and England.

In the recent June 2005 Nursing Board Examinations, the thirteen (13,000) thousand of the total twenty six (26,000) thousand examinees were, "second coursers". About three thousand (3,000) of them

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PROGRAM DETAILS

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11:45 – 12:00 Open Forum
12:00 – 1:00 Lunch Symposium

SESSION VIII: Spine (Philippine Spine Society)

Session Chairman: Dr. Adrian B. Catbagan

Fracture, Infections, Deformities : Local Experience & Surgical Techniques

Moderator: Dr. Bambang Tiksnadi

1:01 – 1:15 Thoracolumbar Burst Fractures: Various Methods of Managing (Dato. Ramanathan MD)
1:16 – 1:30 Vertebroplasty & Kyphoplasty in the Treatment of Osteoporotic Vertebral Fractures (Tan Seang Beng MD)
1:31 – 1:45 SynFix - "Stand Alone" ALIF: Concept, Design, Development and Results (Christopher MJ Cain, MD)
1:46 – 2:00 Current Management of Tuberculosis of the Spine in Indonesia (Subroto Sapardan MD)
2:01 – 2:15 Mini - Open Surgery for Lumbar Spinal Tuberculosis (Vo Van Thanh MD)
2:16 – 2:30 Thoracic Pedicle Screw Insertion using the Funnel Technique (Wicharn Yingsakmongkol MD)
2:31 – 2:45 New Technique of Laminoplasty – Modified Hirabayashi with Lateral Mass Screwing & Spinous Process Wiring for Cervical Myelopathy (Vo Van Thanh MD)
2:46 – 3:00 The use of Stratus Spinal Instrumentation in the Philippines: A 5 - Year Experience (Miguel Agustin G. Morales MD)
3:01 – 3:15 Occipitocervical Fusion with Rigid Instrumentation (Hwan Tak Hee MD)
3:16 – 3:30 Open Forum
3:31 – 3:45 Coffee Break

Degenerative Disc Disease: Motion Preservation - Or Not?

Moderator: Dr. Jose Manuel F. Ignacio

3:46 – 4:00 Degenerative Disc Disease: Pathophysiology, Diagnostic Modalities & Treatment Options (Mario R. Ver MD)
4:01 – 4:15 The Role of the Artificial Cervical Disc Replacement (Tan Seang Beng MD)
4:16 – 4:30 The Transforaminal Lumbar Interbody Fusion (TLIF) in the Management of Degenerative Disorders of the Lumbar Spine (Tan Seang Beng MD)
4:31 – 4:45 Lumbar Total Disc Replacement; Experience, Pearls & Pitfalls during the First 60 Cases in Thailand (Wicharn Yingsakmongkol MD)
4:46 – 5:00 Transforaminal Lumbar Interbody Fusion- Techniques & Results (Hwan Tak Hee MD)
5:00 - 5:15 The Use of Prodisc in the Surgical Management of Lumbar Degenerative Disc Disease (Hwan Tak Hee MD)
5:15 - 5:30 Open Forum

5:30 CLOSING CEREMONIES

Day 6/November 20, 2005 (Sunday) - Tours

Ortho surgeons...

(Continued from page 6)

were established professionals, such as doctors, architects, lawyers, accountants, firefighters and others. An average of 12,895 Filipino nurses go abroad yearly and more are expected to leave with the recent opening of 25,000 nursing slots for migrant nurses in the USA.

These 25,000 present available slots will even be expected to increase abruptly to take care of the more than two hundred fifty (250,000) thousand displaced sick and suffering victims of Hurricane Katrina, in New Orleans Louisiana, Mississippi, Florida and Alabama, not to mention the dead that also needs immediate attention. The total tab for that natural hurricane Katrina disaster in the gulf coast of the USA is approximately \$150 Billion dollars. This amount does not yet cover the present damage caused by Hurricane Rita in Texas. President George Bush is now seeking as much as \$40 Billion dollars initially, to cover the first phase of relief and recovery from Hurricane Katrina. This huge amount in dollars can be used to import more nurses from the Philippines and other countries like India, China and other third world developing countries.

Lets be frank about it; the recent brain hemorrhage of orthopedic surgeons turned nurses, nursing aides and even health care givers to the USA, Canada and Europe, is not acceptable to many of us, but is the most practicable remedy to the threat of the passage in a hostile congress of the obligatory malpractice insurance bill, patients rights bill, medical malpractice bill, the HMO's imposed measly consultation and professional fees, delayed payments of PHIC checks, the paper hunt by the BIR and the poor working conditions not conducive to orthopedic surgeons. All these factors have demoralized us, probably more than what the wicked hurricanes did in the gulf coast of the United States of America.

On being a ...

(Continued from page 6)

But this help, this concern, must transcend money and privilege. This is the Hippocratic ideal, or the Oath, an age-old embodiment of values that surgeons should live by: promotion of the common good.

The Philippine College of Surgeons, through its Metro Manila Chapter, had initiated five years ago, a distinguished and prestigious award, which is membership calls Legends Of The Knife. Worthy and eminent surgeons of the country are honored and thanked for their selfless dedication to the cause of surgical education, training and service to our country and people. But more importantly, this Award would purportedly stimulate and enhance the development of creativity and commitment to excellence among Filipino surgeons. I believe that his Award is a creation of genius, and should get honest, honorable and unswerving support from our brotherhood of surgeons.

Strengthening the global alliance

From sports centers in Australia, New Zealand and finally the Philippines, came the 2005 American Orthopaedic Society for Sports Medicine (AOSSM) traveling fellows, headed by a senior fellow referred to as the godfather. These target destinations in the Asia-Pacific Rim is only a segment of a global traveling fellowship program arranged by organized sports orthopaedic societies around the world. Deviating from the usual "4 country" target areas, the fellows for this year visited only 3, host countries, omitting the 4th country, Indonesia because of security reasons.

The visiting North American fellows for this year included: Dr. Christina Allen from San Francisco; Dr. Spero Caras from Atlanta, Georgia; Dr. Winston Warme from El Paso, Texas; and the godfather Dr. Mark Miller from Charlottesville, Virginia.

To give you a better perspective of this traveling fellowship, allow me to give you a brief background of this global program. This is a sports traveling fellowship program which was started way back 1985 between the North Americans (AOSSM) and the European sports orthopods - European Society on Surgery of the Knee and Arthroscopy (ESSKA). Encouraged with the outcome of the original program, the travel circuit was expanded to the Asia Pacific Rim in 1988, and this year to the Latin American countries. So it was

in 1988 that the North American sports fellows (AOSSM members) started to visit the member countries of the Western Pacific Orthopaedic Association (now known as APOA), and likewise the same country started sending their fellows to North America visiting major sports centers located in about 7 to 9 states. Since its inception, the Traveling Fellowship has given over 150 international sports medicine orthopedists the chance to form new alliances and expand their horizons. The Philippines, through the Philippine Orthopaedic Society for Sports Medicine (POSSM) have likewise sent 4 fellows to the US, 2 to Europe and 1 within Asia, accounting for a total of 7 traveling fellows.

This year's AOSSM visit started with their arrival late Sunday afternoon of May 8, 2005. Aware of their long and tiring trip from Australia, they were whisked through customs and the visiting fellows were transported to a beautifully cool and foggy Tagaytay rest house owned by Dr. Albert Dy our welcoming host for the day. A welcome party was organized for the visiting fellows and this was graced by the first couple of the POA, Miles and Lorna, who together with all the attendees enjoyed the highlight of the evening, the sumptuous dinner prepared by our generous chef, Dr. Kups Villaruel. During the brief

nightcap the visiting fellows were given instructions regarding their Philippine itinerary and seeing how tired they were, we then allowed them to hit the sack. To allow the fellows to adapt to the time zone and re-energize themselves from their long trip, we scheduled their first two days for rest and recreation. Dr. George Canlas our volunteer host for the 2nd day brought the fellows to Punta Fuego, where they were able to get more rest and were treated to the relaxing ambience of a world class resort. After the much needed respite at Punta Fuego, work started on a Wednesday morning where they observed surgery at St. Luke's Medical Center, had a group discussion with the orthopedic residents and visited the Moro Lorenzo Fitness center at the Ateneo Univesity. They were given the afternoon free for shopping and preparation for the big meeting scheduled for that night. The scientific meeting was in collaboration between the POSSM and the East Avenue Medical Center, Orthopaedic Section, in celebration of their 10th year anniversary. New interesting updates were presented by the fellows during the meeting and these new knowledge was optimally shared with local orthopods, considering that the attendees almost doubled the target audience population. The variety of the topics

(Continued to page 11)



Dr. Arturo C. Cañete



The AOSSM Travelling Fellows: (From left) Dr. Winston Warme, Dr. Christina Allen, Dr. Mark Miller (godfather) and Dr. Spero Caras.

SLMC ortho resident goes to Italy

The paper of Dr. Ronald Pidlaoan, Chief Resident of the Institute of Orthopedics and Sports Medicine entitled "Functional Outcome of Triple Arthrodesis in Patients with Neglected Clubfoot – A Long Term Follow-up" was chosen for oral presentation at the 2nd Joint Meeting of International Federation of Foot and Ankle Societies (IFFAS), held at Royal Continental Hotel, Naples, Italy last Sept. 15-18, 2005.

This biennial meeting consists of four regional organizations, including the Asian Federation of Foot and Ankle Surgeons, the European Foot and Ankle Society, the Latin American Federation and the American Orthopedic Foot and Ankle Society.

Strengthening...

(Continued from page 10)

made the meeting interesting and it was amusing to note that some of the attending residents were there to have their photocopied books autographed by, Dr. Mark Miller who happen to be the author of their books. Amused himself, the godfather did not only oblige to the request for autograph but also to several requests for a group photograph. We were fortunate to get the support of ROTA for this major event, and we thank them for their generosity. The following morning was quite interesting for the traveling fellows because they were scheduled to witness and even participate in a practice game of the Philippine team for Sepaktakraw. They visited and presented papers too in Philippine General Hospital as well as in the Philippine Orthopaedic Center. Case discussions with the consultants and residents were conducted and hospital tours were made. The fellows were exposed not only to sports cases but to a spectrum of orthopedic cases seen in both hospitals. A farewell dinner

The paper was the only Philippine representation to this prestigious affair. As Dr. Mario Ver (Institute Director) says, neglected clubfoot is prevalent in our country and most of the surgeries and correction were done in our medical center. Patients were coming from far flung provinces as far as Batanes to Tawi-Tawi, with the help of Mabuhat Desert Foundation and our Social Service Department. The paper also won the first prize in

the Residents Research Forum of the Institute of Orthopedics and Sports Medicine last 2003.

The adviser of the paper was Dr. Emiliano Tablante, Section Head of Adult Orthopedics and the President of Philippine Foot and Ankle Society.



Dr. Pidlaoan presenting his paper



Dr. Pidlaoan with IFFAS President Dr. Michael Coughlin. Dr. Coughlin was a member of the faculty during the POA Convention last year with IFFAS

was organized the night before departure and by tradition mementoes and gifts exchanged hands. Farewells were made with each of us richer in terms of having acquired new knowledge and most of all having gained new friends. We wished them a safe journey back to their families, and we hoped that the local program we prepared for our visiting peers in sports orthopaedics would somehow advanced the existing alliance between us.



(From left) Dr. Pidlaoan with Dr. Barouk (of the famous Barouk's Osteotomy), and his son.

AOA Senior traveling fellowship

The ASEAN Senior Traveling Fellowship has once again executed this year which lasted for about half a month. The POA representative was Dr. James C. Paggao of Baguio City, a former president of the POA North Luzon Chapter. For him, he described the traveling fellowship as a soul enriching experience. He also noted that although the travel was sometimes physically demanding, it was academically and culturally rewarding.

The 15-day program was previously scheduled in November of this year but the AOA Council members in an informal meeting agreed to revert back to its original schedule that is the month of July. It was noted that the program was changed to November in 2003 because of the SARS outbreak.

A tremendous significance to this year's program was the participation of the Vietnamese Orthopaedic Association (VOA) for the very first time. Representing the

VOA was Dr. Pham Dang Nhat, an orthopedic-microvascular surgeon. So, the contingent was composed of a Senior Fellow from each five AOA Member countries plus Vietnam. The other four senior traveling fellows were: Dr Bambang Nugroho (Indonesia); Dr Ruslan Nazaruddin, July 16 – 25 and Dr. Thirumal Manickam, July 25 – 31 (Malaysia);

Dr Pibul Itiraviwong, (Thailand); and Dr. Wong Ho Poh, July 16 – 25 and Dr. Low Yin Peng, July 23 - 31 (Singapore).

The first leg was in Singapore for 3 days. Then they went to Jakarta, Indonesia; to Kuala Lumpur, Malaysia; to Bangkok, Thailand; and the last leg here in the
(Continued to page 11)



The ASEAN traveling fellows with (standing from left) POA president Dr. Miles Dela Rosa and Trustee Dr. Lauro R. Bonifacio. (Seated from left) Drs. Bambang Nugroho (Indonesia), Thirumal Manickam (Malaysia), Dr. Low Pin Yeng (Singapore), James Paggao, and Pham Dang Nhat (Vietnam).



Dr. Paggao's dissertation to the Orthopedic residents of Fetmawatti Hospital regarding a case of being presented.



SINGAPORE. Welcome dinner hosted by AOA Secretary-General Dr. Ong Leong Boon together with other AOA Senior fellows.



The traveling fellows during the farewell dinner hosted by the POA last July 30, 2005 at the Anabelle's Restaurant in Quezon City



AOA - Zimmer traveling fellowship

- "Journey of a Lifetime"

The recent ASEAN-AOA traveling fellowship is undoubtedly the most memorable international travel Dr. Francis P. Altarejos ever had to date.

Lai Hock (Singapore) – team leader, Professor Pan Kok Long (Malaysia), Dr. Nucki Nursjamsi Hidajat (Indonesia) and Dr. Thipachart Punyaratabandhu (Thailand).



Dr. Altarejos with POA midyear (Davao) speaker Dr. Wade Smith at the Denver Health Hospital.

Dr. Altarejos represented the POA for this traveling fellowship. With him from the ASEAN region were Dr. Ooi

along the way and in every place that they visited in the United States. They were entertained by people of



THE AOA-ZIMMER TRAVELING FELLOWS. (From left to right) Drs. Lai Hok Ooi (Singapore), Nucki Nursjamsi Hidajat (Indonesia), Thipachart Punyaratabandhu (Thailand), Francisco P. Altarejos (Philippines) and Pan Kok Long (Malaysia) observing orthopedic procedures done at the University of Southern California Hospital.

AOA Senior ...

Philippines. The traveling fellows visited the Philippine Orthopedic Center where the Vietnamese and Malaysian gave their lectures to the center's medical staff. They also toured the scenic Tagaytay and Intramuros. The POA hosted a welcome and farewell dinner for the group.

According to Dr. Paggao, "It was a formidable group as I would soon find out. The friendship,

(Continued from page 10) cooperation, and the spirit of camaraderie were spontaneous, as if we have known each other for quite sometime. There was never a dull moment and there was a lot of exchange of ideas and information. Six individuals of different political, cultural and religious persuasion living in harmony even just for a short time, AMAZING, as one of our colleague, Dr. Wong Ho Poh of Singapore, described it".

different cultures and character; and tasted sumptuous and scrumptious cuisine, mostly of American and Western origin.

Their temporary sojourn allowed them to picture a panoramic vista of the United States of America. The five ASEAN Fellows developed spontaneously a lasting bond of brotherhood and camaraderie, experiencing the unexpected humility and sincere hospitality of their hosts; and observe a very modern and far advanced Orthopaedic and health care system sustained by continuing research, education and training. These experiences will certainly be permanently etched in their hearts and just reminisce these thoughts would calm down their system after a long hard day's work or during solitude.

They visited the Zimmer Corp, Warsaw, Indiana; Loyola University Medical Center, Chicago, Illinois; University of Wisconsin Medical School, Madison, Wisconsin; Mayo Clinic, Rochester, Minnesota; University of Colorado Hospital, Denver, Colorado; 12th-15th June, Mayo Clinic, Phoenix-Scottsdale, Arizona; UCLA Medical Center, California; University of Southern California University and County Hospital; AOA Meeting, Huntington Beach, California.

The final destination of the fellowship was the American Orthopaedic Association annual meeting. There they met the POA President Dr. Miles dela Rosa and Malaysian Orthopaedic Association President Dr. Ruzlan. The theme of the meeting was Leadership in Orthopaedics. The meeting was a combination of scientific and non-scientific programs but of

(Continued to page 12)

AOA - Zimmer...

(Continued from page 13)

orthopaedic-related issues. Some of the non-scientific programs included:

1. Leadership forum for 4th year residents who have been identified by their respective departments as surgeons who show potential of becoming leaders in the future. The reason why the AOA is placing emphasis on this form of training is that surgical residency training does not prepare one to run a department. Often, the chief or head of department gets to be in charge of people he may not have control over or does not get along well with. While it is easy to impart leadership values, it is hard to find a good leader.

2. A couple of sessions on how to project and behave as leaders within a group because as organizations get bigger, the responsibility and role of leaders get more intense.

3. The issue on the possibility of orthopaedic surgery losing a foothold on bone-related conditions, both surgical and non-surgical. We have seen how other specialties like Neurosurgery, Radiology, Podiatric Medicine, and General Surgery; have been encroaching into the realm of Orthopaedic Surgery and Medicine. The fear is that as a group that traditionally focuses on surgery as our primary job, orthopaedic surgeons may one day lose out to other specialties performing invasive or semi-invasive procedures for conditions that was rightly our own. An example of this transgression of turf is the increasing popularity of stenting by cardiologists over the traditional cardiac bypass done by cardiothoracic surgeons. An orthopaedic example is vertebroplasty performed by radiologists and neurosurgeons. One day, physicians armed with gene therapy may take over treatment of orthopaedic conditions. The AOA is not trying to inhibit the progress of

science or other specialties. Rather, the AOA is more concerned that we as surgeons should be more appreciative of the importance of our non-surgical practice. We should also be prepared to be an orthopaedic internist and keep the "bone our own".

The concept of ASEAN-AOA Traveling Fellowship is indeed a source of encouragement and worthy of praise, which must be sustained like the ABC (American, British, Canadian) Fellowship, North American Traveling Fellowship and Junior & Senior ASEAN Traveling Fellowship. All these endeavors promote the advancement of the art and science of Orthopaedics and fellowship of orthopaedic surgeons around the world.

With globalization hovering over the ASEAN region, it is of

utmost importance that a common proactive idea coupled with

(Continued to page 14)



Dr. Altarejos presenting his paper on "Preliminary Experience using the Active Lock Modular system in Total Hip Arthroplasty in the Philippines" at the Mayo Clinic, Rochester, Minnesota



The ASEAN fellows with Dr. Robert D'Ambrosia (seated 3rd from left), Dr. Vikas Patel (seated right) and their staff at the University of Colorado Hospital, Department of Orthopaedics



The American Orthopaedic Association Annual Convention at Huntington Beach, CA. (Left to right) Drs. Pan Kok Long, Francisco Altarejos, Rhayussalim (Malaysian Orthopaedic Association President), Miles Dela Rosa (POA President) and Nucki Hidayat.

15 New Fellows to be inducted

Fifteen new POA Fellows will be inducted and will take their oath in solemn ceremonies before the

POA president Dr. Miles T. Dela Rosa and the POA congregation. These new fellows are expected to carry out the mission and vision of the POA. The new fellows are as follows:

1. ABOGADO, ANTHONY C. (POC)

2. ABUEG, ALVIN (JRRMMC)
 3. AH, PAMELA ANN C (POC)
 4. BARBA, RAYMOND SILVERIO S. (VMMC)
 5. BELLECA, WILBUR B. (JRRMMC)
 6. CAALIM, ALDEN FRANCISCO G. (DMC)
 7. CABOBOY, FRANCISCO P. (POC)
 8. CARANDANG, RICO PAUL L. (AFPMC)

9. EXALTACION, JESSE JAMES F. (POC)
 10. FELIX, ERRALDIN M (POC)
 11. ILLESCAS, JOIE P. (UST)
 12. LEDONIO, CHARLES GERALD T. (MMC)
 13. LLANOS, ALLEN L. (POC)
 14. MARIÑAS, ALEXANDER A. (POC)
 15. SALAZAR, HUBERT MARTIN B (EAMC)

Pujalte – First Chairman San Beda Ortho

Father Rector Anscar J. Chupungco, OSB recently appointed Jose S. Pujalte, Jr. MD, MHA as the first Chairman of the Department of Orthopedics, San Beda College of Medicine (SBCM). Other members of the Department are Drs. Jose Anthony Q. Jocson, Jose Ramon C. Pascual, Jesse Noel V. Conjares, Richard S. Rotor,



Dr. Jose S. Pujalte, Jr.

Rommel Fernando, and Melito Antonio P. Ramos. San Beda medical school in 2002. It is now in the

historic Mendiola campus and will be graduating its first batch in 2006. Orthopedic clinical clerks rotate regularly at the Jose Reyes Memorial Medical Center (JRRMMC). SBCM Dean Noel G. Guison MD PhD remarks: "Leadership, clinical, and teaching skills make Brix an ideal chairman in Orthopedics. I look forward to working with him in San Beda."

AOA - Zimmer...

(Continued from page 14)

concerted action must be prepared in our respective countries, to enable us to confront the challenges of this irreversible trend in the near future.

The ASEAN Fellows extend their heartfelt gratitude to the ASEAN Orthopaedic Association, particularly Dr. Ong Leong Boon, the permanent ASEAN Secretary General; the American Orthopaedic Association specially Dr. Terry Light and Dr. Frank Sim, the Zimmer Company for supporting the ASEAN-AOA Traveling Fellowship. Dr. Altarejos thanks Dr. Antonio Sison, past president, POA & PCS, for encouraging him to be active in the POA; to Dr. Miles dela Rosa, incumbent president, POA, for recommending him to be the representative and lastly to the late

Ms. Sol de Jesus, former executive secretary, POA Secretariat, for prodding him to accept the opportunity to be a traveling fellow, *(Below) Drs. Nucki, Thip and Francis at the midway to the top of the Red Rock Mountain in Sedona, Colorado viewing a rare panoramic vista.*

representing the Philippine batch, 2005.



Picture taken by Dr. Altarejos during a mountain hiking activity of the group at Vale, Colorado. (From left) Prof. Pan Kok Long, Nucki Hidajat, Lisa and husband Dr. Vikas Patel (spine surgeon at University of Colorado Hospital) with their dog Cooper, Dr. Thipachart Punyaratabandhu and Dr. Ooi Lai Hock

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Ortho Balita

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